

## Drop-in Service

We operate an open door policy so that Carers needing urgent support or just a friendly chat are welcome to drop-in to the Centre  
**Monday to Thursday 9.00am- 5.00pm**  
**Friday 9.00am- 4.45pm.**

We will always be pleased to see you.

## Register Today

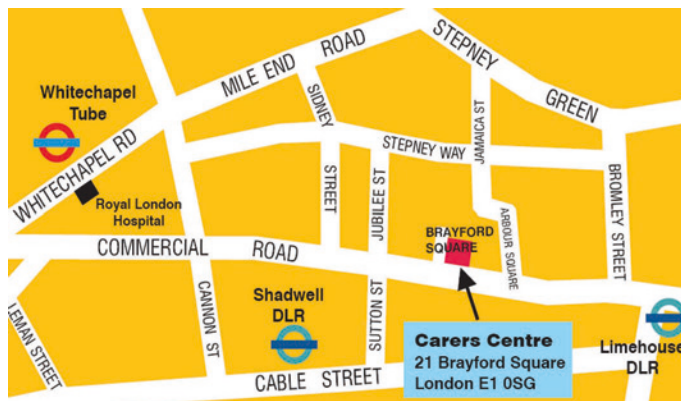
To register you need to be an unpaid carer and the person you care for must live in Tower Hamlets.  
To register give us a call or drop-in to the centre.

**If you need further information please call**  
**020 7790 1765 or visit [ccth.org.uk](http://ccth.org.uk)**

## How to Find us:

Nearest stations – Whitechapel  
(District, Hammersmith & City & Overground),  
Aldgate East (District & Hammersmith & City),  
Shadwell (DLR & Overground), Limehouse (DLR)

Buses – 15, 115, 135 (St Mary's & St. Michael's  
Church stop, Commercial Road)



## INFORMATION ON OUR SERVICES

A Carer is someone who provides regular help and support to a partner, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

Committed to providing quality services for unpaid Carers in Tower Hamlets



The Carers Centre  
21 Brayford Square  
London  
E1 0SG

Tel: 020 7790 1765  
Fax: 020 7791 5575  
E-mail: [enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)  
Web: [www.ccth.org.uk](http://www.ccth.org.uk)



Working with London Borough of  
Tower Hamlets Health, Adult &  
Community Services

Improving & enriching the lives  
of unpaid carers

Charity No: 1084930 Limited Company No: 4024413  
Registered in England & Wales



## Carers in Tower Hamlets

- There are around 20,000 unpaid carers and 3 in 5 people will be carers at some point in their lives – carers services are vital to ensure they are supported in their caring roles
- 67% of those we support provide more than 50 hours of unpaid care a week – a quarter of local carers are providing more than 50 hours of care per week!
- Tower Hamlets has an increasing younger population, and 39% of carers in the borough providing care are aged 16 to 34 years old (almost three times the country's average of just 14%!) – a quarter of all carers in the borough are aged between 25-34 years old
- 45% of carers say that their poorer financial circumstances due to caring is affecting their health, and a third of carers report cutting back on essentials like food and heating – One in 10 carers in Tower Hamlets describe their health as bad or very bad

© Carers Centre Tower Hamlets 2018

**Carers Centre Tower Hamlets** provides advice, information and support to all carers over the age of 17 years of an adult living in Tower Hamlets.

### What do we do?

**SUPPORT, INFORM AND ADVISE  
CARE FOR THE CARER  
INFLUENCE CHANGE  
REPRESENT CARERS INTERESTS**

### Our Services

**ADULT CARERS SUPPORT SERVICE  
WELFARE BENEFITS SUPPORT  
AND ADVICE  
INDEPENDENT ADVOCACY  
CRISIS INTERVENTION  
LASTING POWER OF ATTORNEY  
APPLICATIONS  
EMOTIONAL SUPPORT  
REFERRAL & SIGNPOSTING  
TO OTHER SERVICES  
HOUSING SUPPORT  
INDIVIDUAL COUNSELLING  
& SUPPORT  
HOME VISITS FOR  
HOUSEBOUND CARERS**

### Referrals to the Carers Centre

We accept referrals of Carers who provide care to an adult living in Tower Hamlets from families, friends, statutory / voluntary agencies and self-referrals.

## Social Activities

The Carers Centre runs a number of social activities throughout the year. Events can range from Eid & Christmas parties, to a summer coach trip. All events are advertised in our newsletter and we welcome suggestions for new activities from Carers. Our activities are open to any Carer registered with the Carers Centre.

To find out what's going on, contact us on **020 7790 1765**, email: [enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk) or simply check our website at [ccth.org.uk](http://ccth.org.uk)

## Activities

- Carers Forum for All Carers of Adults
- Monthly Relaxation Days
- Complementary therapies—massage, reflexology & aromatherapy
- Arts and craft groups
- Carers Drop-in Computer Suite & basic training

*"I don't know what I would have done without this great place, and so many lovely people I have met since coming here. Wow! Thank you for helping me to help myself again."*

Carol

